

News > Canada

Ottawa



Psychologist urges people to stay active heading into the second wave of COVID-19

10 months ago | News | 0:47

Dr. David Dozois, professor of psychology at Western University, says people need to prepare psychologically for a potential shutdown and urges people to stay active by picking up a new hobby or doing things that give you a sense of accomplishment.



Recommended for you

- 2 brothers among those killed in Kelowna, B.C., crane collapse**

The National

18 hours ago
- COVID-19: What we know about mixing vaccines**

The National

18 hours ago
- Canadian musician Teshar and R&B hit-maker Jason Derulo team up for the music video for their U.S. Top 40**

CBC News Saskatchewan

1 day ago
- 'Multiple' deaths after crane collapse in Kelowna, B.C.**

The National

2 days ago
- Here's what Toronto's Little Italy looked like in the moments after the Euro 2020 final**

News

2 days ago
- Crushing poverty, coronavirus prompt protests in Cuba**

News

2 days ago
- Richard Branson rockets to space on his own ship**

The National

3 days ago

Transcription:

We really do need to prepare ourselves psychologically. I think a really important thing for people to do to ward off depression especially during this next shutdown is to make sure you are keeping active behaviourally. Doing things that give you a sense of accomplishment, give you a sense of pleasure, and make sure you schedule those things in your day. It's easy to for example download Babble or another language app and try to learn a new language or pick up a guitar and try to learn a new instrument, or something like that. Oftentimes its helpful to validate your feelings and recognize, this is tough. I think it's important to also normalize it, it does suck that we can't go out and do the things we enjoy doing and that we normally would do.